

Fit~N~Fun!

SPRING TIME FUN!

Three- to five-year-old children are filled with energy and excitement! While toddlers are just learning to walk and make their way around, preschoolers can run, jump, chase, and use their hands with confidence.

Playing is so important for young children. What they like is the excitement of:

- * running
- * building
- * creating
- * pretending



But, mom and dad you know while they're having fun, they're building:

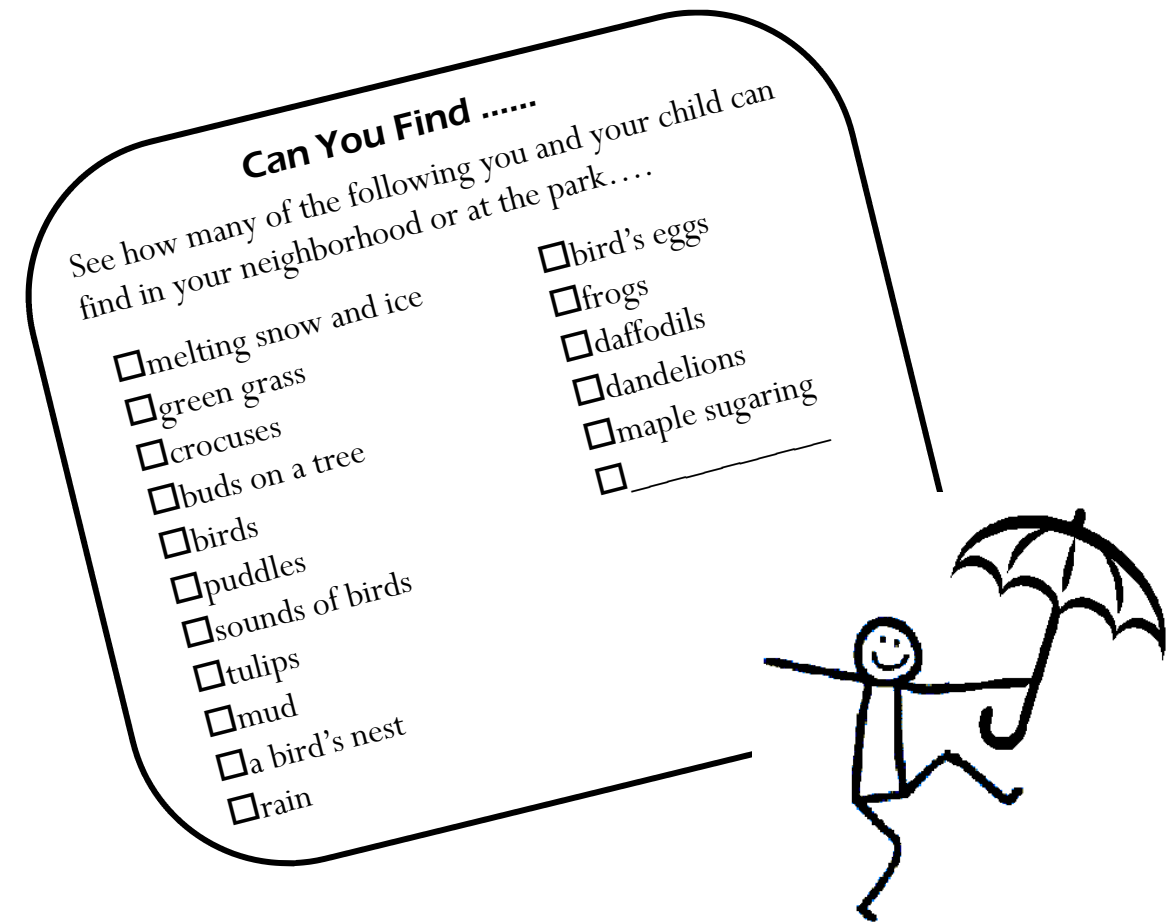
- * large motor skills
- * brain power
- * connecting with others their own age

Try these three great activities this spring.....

Spring Time Scavenger Hunt!

Set up a scavenger hunt for your child outside or inside if it is raining. Hide objects and have your child search for them. Some ideas to try are small toys, blocks, colored plastic eggs or stuffed animals. Give your child clues about where the items are such as: move forward; backwards; to the right or left. You could also use: “you are getting warmer or cooler,”; “hot or cold” as they move near or far from the hidden objects.

Use the list on the next page. Have your child draw a picture of their favorite discovery! Use your Fit WIC Activities book for more fun ideas.



Shadow Tag

Since spring is here, the weather is better for outside activities. Shadow tag is a great way to celebrate a bright sunny day.

Setup: Find a safe grassy play area and show children the “out-of-bounds area” so you can be sure no one goes out of your sight.

Play: One or two children are the “chasers” trying to catch the rest of the children. They all run around the lawn and the chasers “tag” players by stepping on their shadows. After several minutes of play, the children trade roles. There are not winners or losers in this game, just a lot of fun!

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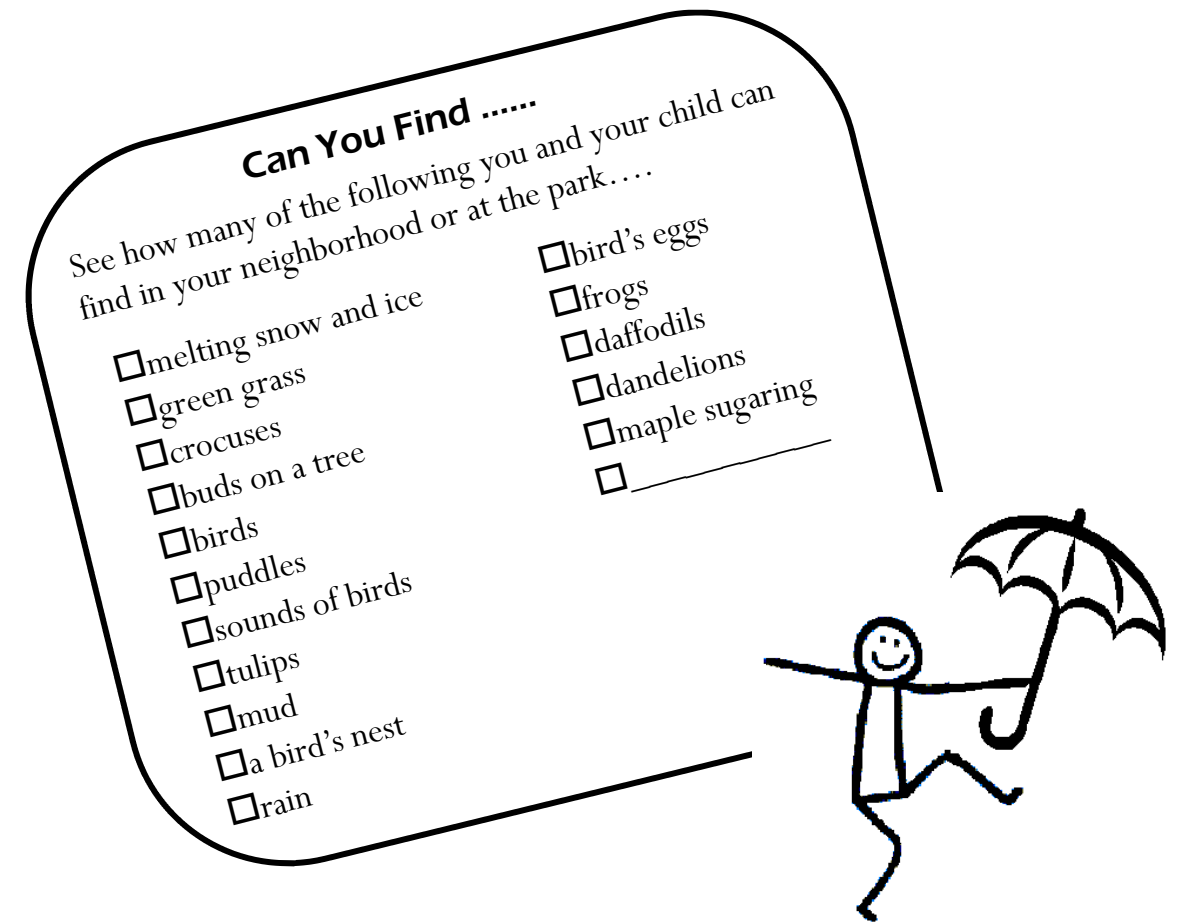
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